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Shaken

- 5.8-magnitude tremor felt along East Coast
- Short-lived panic for confused Center City workers as high-rises shook
- Phones, trains shut down {page 02}

RICARD LARMA/METRO

▶ Moments after the roughly 30-second earthquake, Philadelphians downtown frantically tried reaching friends and family with little success.

News

Geno's owner Joey Vento dies

- Bombastic and brash, he was also known as philantropist
- Died of massive heart attack last night at age of 71 {page 03}

A split for Mr. and Mrs. Smith?

Will and Jada insist that breakup rumors are just that, rumors {page 06}

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Dazed, confused by sudden earthquake

Crowds stunned by rare East Coast ground tremor Cell phone signal shutdowns, long SEPTA delays and closures multiplied initial worry

Crowds gathered within minutes on Penn Square after pouring out of City Hall and surrounding Center City skyscrapers.

Little did downtown's masses know — waiting in confusion for about 45 minutes to an hour — that one of the East Coast's strongest earthquakes ever had just struck.

"I thought we were about to be attacked. I was on the 46th floor and that was the first thing you think of," said Tasha Odom, who works in the Comcast Center. "You don't think of an earthquake. It was scary."

City courts closed early after the 5.8-magnitude earthquake hit outside Richmond, Va., at 2:51 p.m. today. The earthquake, about 3.7 miles deep, left seismologists scrambling to determine whether aftershocks could be expected soon. Experts from the U.S. Geological Survey said it would be unusual for aftershocks not to strike.

Jeremy Krafchin, who works on the 25th floor of the Comcast Center, said he thought "someone was moving a large piece of furniture for about 30 seconds." Krafchin said everyone on his floor evacuated the building, but "was pretty calm."

"I'm just worried about the children at home for the summer. My grandkids are probably sitting around saying 'what the heck?'" financial specialist Yvonne Harris, 54, said. "They don't know what an earthquake is."

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Ramifications

- In Washington, the White House, Union Station and congressional buildings were evacuated.

- The tip of a spire crashed onto the steps at the National Cathedral.
- Two power plants in North Anna, Va., shut down automatically when the ground began shaking.

RIKARD LARMA/METRO

▶ Thousands sought safe — lower — ground after skyscrapers downtown shook yesterday.

San Fran native stands firm

As the 14th floor of the building shook and rolled, my first reaction was "Wow, I must be really dehydrated." Not till bewildered co-workers began asking what happened did I realize we had just been hit by an earthquake.

Growing up in the San Francisco bay area, I spent 13 years of school training and practicing earthquake drills. "Drop, cover and hold on" was drilled into my memory but, of course, when the quake hit Philadelphia yesterday, I continued to work.

The Pacific rim, notorious for its earthquakes, has had 39 earthquakes in California and more than 200 in Alaska in the last week alone.

YOTAM DROR

"The normal reaction is usually, 'Did you feel that?' followed by an 'Oh, yeah!' and on we go." DROR

Safer in a high-rise?

NEW YORK. Whether they were on the eighth floor or the 58th, many New Yorkers were terrified to be trapped inside high-rises during yesterday's tremble.

But a modern high-rise may actually be safer than a smaller building, says Jerry Hajjar, chair of the engineering department at Northeastern University.

"High-rises are built to sway more on a regular basis due to wind," said Hajjar. "Compared to an old two- or four-story masonry walk-up … those are much stiffer," and more susceptible to damage from a quake, he said.

For example, a new 30-story building is designed to sway back and forth about 9 inches. It's not uncommon for buildings taller than 50 stories to sway a few feet, he said. METRO/CB

RIKARD LARMA/METRO

What to do if you're in a high-rise

NEW YORK. What to do if you're in a high-rise and an earthquake hits?

"I would get under a desk so things don't fall on you," said Larry Brown, a Cornell University seismology professor. "Book cases, falling lamps, get away from those things."

As far as fleeing the building itself, in a serious quake you likely won't have time to get outside, said Brown, especially if you're high up.

"You obviously don't want to get in the elevator but it may not be a bad idea to go down the stairwell because stairwells are reinforced," he said. "In an urban environment, you are actually safer inside than out because of falling glass." METRO/CB

In the news

Train trouble

SEPTA experienced major delays on its Regional Rail and Broad Street lines for a couple hours after the earthquake, but the subway went back into service at about 4:30 p.m., an agency spokesman said. The train lines returned to near normal by the evening.

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Cheesesteak baron Joey Vento dies at 71

SOUTH PHILADELPHIA. Joey Vento, longtime proprietor of arguably the world's most famous cheesesteak shop Geno's Steaks, died yesterday of a massive heart attack. He was 71.

Vento, whose controversial sign posted on the South Ninth Street eatery's window that read in part "Speak English" overshadowed his philanthropy in recent years, was boisterous beyond his slight frame.

Workers at his famous spot across from Pat's King of Steaks last night confirmed that their boss died of a massive heart attack. His family could not immediately be reached.

METRO/BXM

Jailtime do-over for Vince Fumo

PHILADELPHIA. Former state Sen. Vincent Fumo will be back in a courtroom after a federal appeals court threw out his 55-month sentence yesterday and ordered resentencing. The decision yesterday from the Third Circuit Court of Appeals claims Judge Ronald Buckwalter did not give an explanation for going well below the sentencing guidelines. It also orders re-sentencing for Fumo's co-defendant Ruth Arnao, who was released earlier this year.

"Nothing in the opinion says or suggests that the sentence wasn't a reasonable sentence or couldn't be imposed again," Fumo's attorney Peter Goldberger said. METRO/SDL

Six shot in Kingsessing basketball court chaos

Gunfire breaks out at game on especially ugly night ◆ Eleven wounded across city ◆ Mayor offers $20,000 reward for shooter from ballgame

RIKARD LARMA/METRO

▶ Kingsessing Rec Center

Mayor Michael Nutter announced yesterday that the city is offering a $20,000 reward for information leading to the capture of a man who opened fire at a crowded basketball game Monday night.

"This guy walked up and started shooting," said Bill Evans, 54, a lifelong neighborhood resident who was among the spectators at Kingsessing Recreation Center. "I don't think he meant to [kill] anybody because he was aiming low, at peoples' legs."

All are in stable condition but one man, 19, who is critical but stable after being shot in the stomach.

"Kids today are armed to the teeth," Evans said. "I saw guys all around me pulling out guns of their own to protect themselves, that's how bad it is."

Five other people were shot in four separate incidents Monday night, bringing the total number of victims to 11.

The recreation center is one of 20 whose hours were extended as a part of Nutter's plan to provide wholesome alternatives for at-risk children.

"This is a good place to have a safe haven: it's one of the busiest rec centers in the city," Evans said. "But they just cut the staff here. You cut the staff and lengthen the hours. How does that make sense?"

Evans said that the rec center provides the 12th District with a schedule of games and that an undercover officer who was parked nearby immediately responded to the shots.

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Rebels celebrate but Gaddafi still defiant

Libyan rebels sacked Muammar Gaddafi's Tripoli bastion, seizing weapons and smashing symbols of a 42-year dictatorship whose demise will transform Libya and send a warning to other Arab autocrats facing popular uprisings.

Gaddafi said his withdrawal from his Bab al-Aziziya headquarters in the heart of the capital was a tactical move after it had been hit by 64 NATO air strikes and he vowed "martyrdom" or victory in his fight against the alliance.

As night fell yesterday after a day in which rebels overran Tripoli, meeting little resistance with few casualties, heavy fighting was reported in a southern desert city, Sabha, that rebels forecast would be Gaddafi loyalists' last redoubt.

Forces loyal to Gaddafi were shelling the towns of Zuara and Ajelat west of Tripoli, Al-Arabiya television reported.

In Tripoli itself, Reuters correspondents said there still appeared to be some hostile fire around the city center as darkness descended and looting broke out.

Al-Arabiya quoted a witness as saying that loyalist forces had fired dozens of Grad missiles at the city.

The continued shooting suggested the six-month popular insurgency against Gaddafi had not completely triumphed yet. REUTERS

MAHMUD TURKIA/AFP/GETTY IMAGES

▶ Rebels and citizens celebrate in the newly named Martyr's Square, formerly known as Green Square, after rebel forces overran Gaddafi's fortified headquarters in Tripoli.

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Saif's act didn't slow the rebels

▶ Saif al-Islam

DOHA. Muammar Gaddafi's son Saif al-Islam tried, but failed, to undermine rebel morale with his dramatic reappearance in the Libyan capital after being reported captured, a rebel council leader said yesterday.

Surrounded by cheering, gun-toting supporters, Saif appeared on the world's airwaves being interviewed by Western media near a government-controlled Tripoli hotel — proving wrong rebel reports that he had been detained.

Gaddafi's heir apparent, wanted on charges of crimes against humanity, was probably trying to capitalize on the rebels' gaffe in falsely reporting his capture. REUTERS

Chavez: Gaddafi still leader

CARACAS. Venezuelan President Hugo Chavez said yesterday he will only recognize a Libyan government led by his friend and ally Muammar Gaddafi and accused the United States of inciting the country's civil war.

Chavez, who has been the most vocal world leader to support Gaddafi, accused Western powers of riding roughshod over international law by backing Libya's rebels in their revolt. REUTERS

Comeback for the Camry?

TOKYO. Toyota Motor Corp. aims to rebound from three years of crisis with a new Camry, the top-selling U.S. car, as it speeds up factory lines slowed by an earthquake to regain sales lost to Hyundai Motor Co. and other carmakers.

The 2012, Camry has the best safety, handling and fuel economy among U.S. midsize sedans. The hybrid version averages 41 miles per gallon of gasoline — a 24 percent increase, said Bob Carter, group vice president of U.S. sales. Production starts today at Toyota's plant in Georgetown, Ky. BLOOMBERG

Guess who's back?

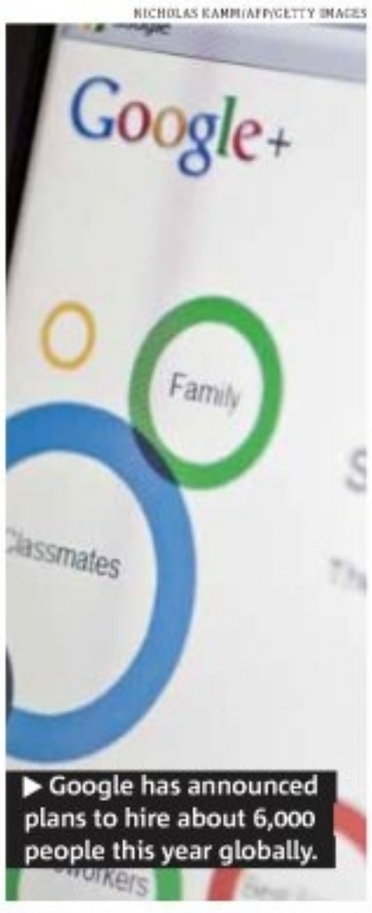
New home sales sink

WASHINGTON. Sales of new U.S. homes declined more than projected in July to the lowest level in five months, indicating that the industry is struggling to stabilize two years into the economic recovery.

Purchases fell 0.7 percent to a 298,000 annual pace after a 300,000 rate in June that was slower than previously estimated, figures from the Commerce Department showed yesterday in Washington. The median projection in a Bloomberg News survey of economists called for a 310,000 rate in July. BLOOMBERG

Saving Facebook: The social netwar

NICHOLAS KAMM/AFP/GETTY IMAGES



▶ Google has announced plans to hire about 6,000 people this year globally.

Strategy is acquisitions, mobile as network hub plans to thwart its rivals Google threat sparks action

Facebook, the world's largest social network, is planning acquisitions that will improve site design, keep service reliable and advance mobile features to stave off competition from Google and Twitter.

The company aims to make about 20 purchases in 2011, up from 10 last year and one in 2009, Vaughan Smith, Facebook's director of corporate development, said in an interview.

Facebook is betting that a focus on design will entice people to spend more time on the site, while adding mobile services that can cater to the growing number using handheld devices. As it grapples with competition from Google and Twitter, Facebook also must bolster its system so the site runs smoothly amid rapid growth. The company has made 13 acquisitions so far this year, including adding a mobile group-messaging service it rolled out to users this month.

Facebook makes money from advertising and by taking a commission when software developers sell virtual goods on the site. As a closely held company, Facebook doesn't disclose financials. A person with knowledge of the matter said in May that the company is likely to generate more than $2 billion in earnings before interest, taxes, depreciation and amortization this year. BLOOMBERG

29M

Web search leader Google launched social-networking service Google+ in June. It has already attracted 29 million people by the end of July, according to ComScore Inc.

The cost of growth

As new features pile up, Facebook needs to manage its user-interface design, said Josh Bernoff, analyst with Forrester Research.

▶ "The challenge is that Facebook does a lot more things than it used to," he said. "To get that all to be easily navigable is not simple."

East Coast on alert for Cat. 3 Irene

The strengthening hurricane Irene poses a potential threat to the entire U.S. East Coast from Florida to New England, U.S. officials said yesterday as forecasters tried to predict where the powerful storm might hit over the next week.

U.S. Federal Emergency Management Agency Administrator Craig Fugate and National Hurricane Center Director Bill Read issued the warning as Irene swept up from the Caribbean on a northwest track toward the States.

"We're going to have a very large tropical cyclone move up the Eastern Seaboard over the next five to seven days," Read said.

Brewing storm

Irene was expected to become a major Category 3 storm, with winds over 111 mph, by today. It could possibly intensify further to a Category 4 as it nears the southeast U.S. coast by Friday.

The FEMA chief said residents all along the East Coast should be alert not only to a potential direct landfall but also to the risk of torrential rains, high winds and flooding that Irene could bring.

"We're saying the entire East Coast," Fugate said. REUTERS

JOE RAEDLE/GETTY IMAGES

▶ Hurricane specialist Lixion Avila tracks Irene at the National Hurricane Center in Miami, Florida.

Strauss-Kahn free of maid rape charge

NEW YORK. A New York judge dropped all criminal sexual assault charges against ex-IMF chief Dominique Strauss-Kahn yesterday, leaving him free to rebuild a shattered career after prosecutors said his accuser lacked credibility.

The decision to drop the case ended three months of sordid headlines on both sides of the Atlantic about the accusations by a hotel maid who told police the International Monetary Fund director forced her to perform oral sex on May 14. REUTERS

"I look forward to returning to my country, but I have a few small matters to take care of first. I will discuss this at greater length [later]." STRAUSS-KAHN

Winehouse test is clean

LONDON. Toxicology tests showed there were no illegal substances in British singer Amy Winehouse's system when she died last month aged 27, her spokesman said yesterday.

In a statement, he added that alcohol was present, but that it could not be determined what part, if any, it played in her death.

"Toxicology results returned to the Winehouse family by authorities have confirmed that there were no illegal substances in Amy's system at the time of her death," the statement read. REUTERS

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Kristen Bell is getting a kick out of flying, Jamie Kennedy is sharing his wisdom, Kirstie Alley is not a fan of remakes and Conan O'Brien knows what he likes.

▶ **@IMKristenBell**
The stewardess just included calculators in her list of devices that must be powered down for take off. And she said it in all sincerity.

▶ **@JamieKennedy**
If you see a ruler in a gas station bathroom ... don't touch it.

▶ **@kirstiealley**
The day some studio decides to remake To Kill A Mockingbird ..imma kill all the mocking birds on earth. Thatll show em....er..that I'm nuts

▶ **@ConanOBrien**
I like my women the way I like my coffee. Yup, I like blonde slutty coffee with low self esteem.

Will and Jada: Still just the two of them

ALL PHOTOS GETTY IMAGES

If you are to believe In Touch Weekly (and that's a big "if"), **Will Smith**, 42, and wife **Jada Pinkett Smith**, 39, are separating. However, the tabloid's website doesn't offer much verification for the. Their brief write-up only states:

"After 13 years of marriage, Will Smith and Jada Pinkett Smith have decided to separate, an insider tells In Touch Weekly exclusively. ... For more on this breaking news story, pick up this week's issue of In Touch Weekly."

A ploy to sell copies of the magazine? Totally! After day-long speculation by many media outlets, the famous couple sent out this joint statement: "Although we are reluctant to respond to these types of press reports, the rumors circulating about our relationship are completely false. We are still together."

▶ Don't believe the hype: The Smith family is still together.

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DOROTHY ROBINSON'S WORD BLOG

The pair, long considered one of Hollywood's most successful couples, have two children together, **Jaden**, 13, and **Willow**, 10. Smith has an 18-year-old son, **Willard Christopher Smith**, known as Trey, with his first wife. Trey took to Twitter to shut down the rumors. "#WillandJada split? No they did NOT split! False information ... its not true RETWEET!!!"

As this is not on Twitter, feel free to cut out this article and distribute at will to strangers.

A cruise with bite

Here's something only the most hardcore "Twilight" or "True Blood" fans would sign up for — the recently announced Alaskan cruise Vamps at Sea: A Vampire Convention at Sea. Per the press release, the cruise will be a way for vampire aficionados to meet special guests, including "Dracula The Undead" author Dacre Stoker — the great-grand-nephew of "Dracula" author Bram Stoker. Activities include a Vampire Ball, costume contest and auction for charity (proceeds going to the Blood Donor division of the American Red Cross).

Shore excursions apparently include zip-lining, duty-free shopping and sucking on virgins.

Talking points

No guest role for Richards

Denise Richards reportedly turned down a guest-starring role on the season premiere of "Two and a Half Men," the show from which her ex-husband, **Charlie Sheen**, was fired, according to TMZ. Sources close to the show say producers wanted Richards to appear alongside new series star **Ashton Kutcher**, but Richards told them she wouldn't do it, as "she would never hear the end of it from Charlie."

▶ Denise Richards

Beckham is still in flats

Victoria Beckham is recovering from a slipped disc in her back, and appeared in public for the first time since the problem developed — and she wasn't wearing her trademark high heels, according to Us Weekly. It's been speculated that the slipped disc was caused at least in part by Beckham's insistence to wear stilettos during her recent pregnancy. "Thank you for your kind messages," Beckham posted on Twitter recently. "I'm feeling much better and enjoying every precious minute with baby Harper. I'm so in love."

Why don't you want Pitt's property?

Brad Pitt is looking to unload his four-bedroom, 4,000-square-foot Malibu estate, according to Hollyscoop. The home boasts a massive kitchen, three fireplaces and a tennis court, as well as steps down to a private beach. The property was recently approved to have an additional floor built on as well. Pitt is asking $13.75 million for the property.

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Strutting their stuff for the red carpets from coast to coast

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1: Kelly and Sharon Osbourne attended the screening of "God Bless Ozzy Osbourne" to benefit the Musicares Map Fund on Monday in Hollywood. One notable exception to the red carpet? Ozzy himself. No reason was given for his no-show.

2: Taylor Lautner saw his name in lights at the "Abduction" Sydney premiere at Hoyts Cinemas on Tuesday in Australia.

3: Zoe Saldana attended the Miami Red Carpet Screening of TriStar Pictures' "Colombiana" at Regal South Beach in Miami on Monday .

4: Singers Jessica Jarrell (left) and Cody Simpson appeared during a performance and fashion show for Pastry Shoes at the Fashion Show mall on Monday in Las Vegas.

5: Helen Mirren attended a screening of her new film "The Debt" at the Tribeca Grand Hotel screening room on Monday in New York

6: Anne Hathaway dazzled in white at the European premiere of "One Day" at The Vue Westfield on Tuesday in London.

1: JASON MERRITT/GETTY IMAGES
2: MARK METCALFE/GETTY IMAGES
3: GUSTAVO CABALLERO/ GETTY IMAGES FOR COLUMBIA PICTURES
4: ETHAN MILLER/GETTY IMAGES
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Jessica Alba: Double-O mom

The actress plays a spy juggling her little ones in 'Spy Kids 4' Says the real-life mom, who just had another child: 'There's a lot of natural comedy in being a first-time parent and just being in day-to-day situations'

Robert Rodriguez is known for bouncing between pulpy grown-up flicks like "Sin City" and kid-friendly fare like the "Spy Kids" series, but actress Jessica Alba, who stars in "Spy Kids 4," had never seen him take on the latter before. "Robert doesn't change, and his process doesn't change," she insists. "But there's a lightheartedness on a set where when there's kids around you're not blowing things up and there's no half-naked girls and machine guns. There's no cursing. It's kids' stuff and toys."

While this is the third time Alba has teamed with Rodriguez, it's the first time they've done something family-friendly together. "I talked to Robert about wanting to do a movie that my daughter could see," she says. "There's a lot of natural comedy in being a first-time parent and just being in day-to-day situations." Of course, in "Spy Kids 4," a day-to-day situation could mean fighting off evil henchmen and car chases while extremely pregnant, which Alba does early in the film.

Quoted

"I think it was really just a great comedic set piece. Like, what if a woman's going through contractions while trying to save the world? And of course a woman's going to try to do it all."

ALBA, ON BEING PREGNANT ON SET

"I think it was really just a great comedic set piece," she says. "Like, what if a woman's going through contractions while trying to save the world? And of course a woman's going to try to do it all."

Alba later found out that it was her conversations with Rodriguez that led to much of her character — a professional spy who puts work on hold for her family. "He said that my character was inspired by just seeing me trying to balance it all — and probably not doing the greatest job at it, but trying at least," she says with a laugh.

One of the ways she and husband Cash Warren try is by making family the top priority on the weekends. "That's when my husband and I make a concerted effort to not e-mail or text and really spend our time with our daughter and just be completely, 100 percent focused on her," she says. "During the week, it's here and there depending on if I'm busy with meetings or not. It's a little easier now that she's in school. But it's tough, because I do care about my career and I do have that, but she's my No. 1 priority, so if she's not doing OK nothing else really matters."

While she and Warren recently welcomed their second daughter — Haven Garner Warren was born on Aug. 13 — Alba is already thinking about what's on her plate next. And it's not necessarily more family fare: "It's not like I want to only do family or kids' movies from now on," she says. "It's just nice to have a movie that my daughter can actually watch."

Child stars?

And as much as she enjoys being an actress, Alba's pretty firm about not wanting her girls to get into the business too soon.

"I was a child actor, and it worked for me given the circumstances I was in, but I'm lucky enough to give my daughter — and my second baby — a completely different life and educational opportunity than I ever had," she says. "When they're done with college, if they want to get into the arts that's fine. But I wouldn't encourage them to work in this type of environment. I really wouldn't."

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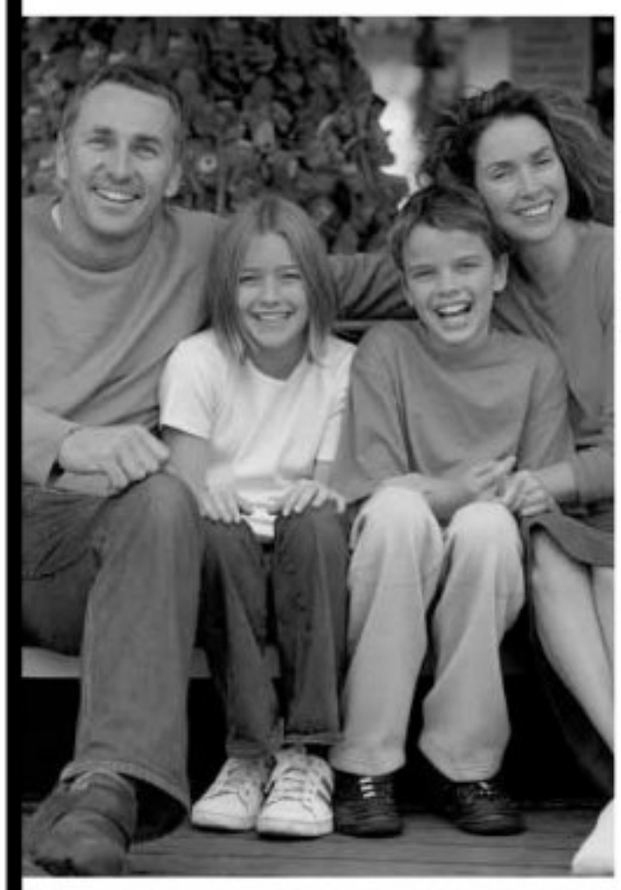

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TV watch list

'Top Chef Just Desserts'

REALITY. Last course takes center stage as the confectionary battle, again hosted by "Top Chef" judge Gail Simmons, kicks off its second season. **Season premiere, 10 p.m., Bravo**

'The Hour'

DRAMA. Ratings are down and reviews are terrible for the new BBC news program. But everyone looks so good in those vintage clothes! **10 p.m., BBC America**

TRAE PATTON/BRAVO

▶ From left: Hubert Keller, Gail Simmons, Johnny Iuzzini and Dannielle Kyrillos return to the judges' table on "Top Chef Just Desserts."

'Buried Treasure'

REALITY. Twin brothers Leigh and Leslie Keno of "Antiques Roadshow" get an unofficial spinoff of sorts, traveling across the country to root through people's garages and attics in search of priceless junk. **Series premiere, 8 p.m., Fox**

AMBER RAY

MTV2 must-see

Fantasy finally becomes reality when the Lingerie Football League returns to MTV2, live every Friday night this fall. This is anything but powder-puff — it's women's professional tackle football with 12 teams fighting for a shot to play in the Lingerie Bowl. These players train hard, tackle harder and play to the whistle. Season kicks off this Friday at 10 p.m., live on MTV2.

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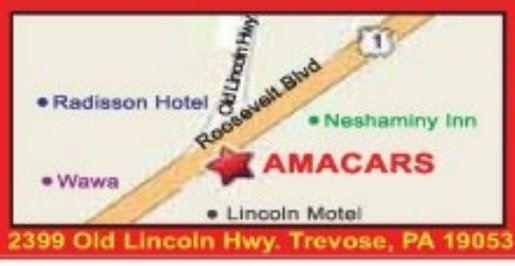

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What we're into

Next month: PostSecret goes mobile

PostSecret started as a simple project: Anonymous participants were asked to send founder Frank Warren postcards containing secrets. More than six years later, he still receives hundreds of secrets a week — some playful, some hopeful, some devastating — and has published selections in five best-selling books. While the physical, often beautifully designed postcards are undoubtedly part of the charm, the upcoming PostSecret mobile app adds another interesting layer: Readers will now be able to respond to the secret-sharer. It's a curious feature for a project that thrives on snail mail and anonymity, but if smartphones have taught us anything, it's that both are endangered species.

In October: International Sake Day

We've always thought that the fall could benefit from a sanctioned drinking holiday. Enter International Sake Day, which — according to quite possibly our favorite press release of the week — is celebrated on Oct. 1. Who decided this, when did it come into existence and what are the customs? Less questions and more sake bombs, grasshopper.

MONICA WEYMOUTH

PHOTODISC

▶ Here's to International Sake Day!

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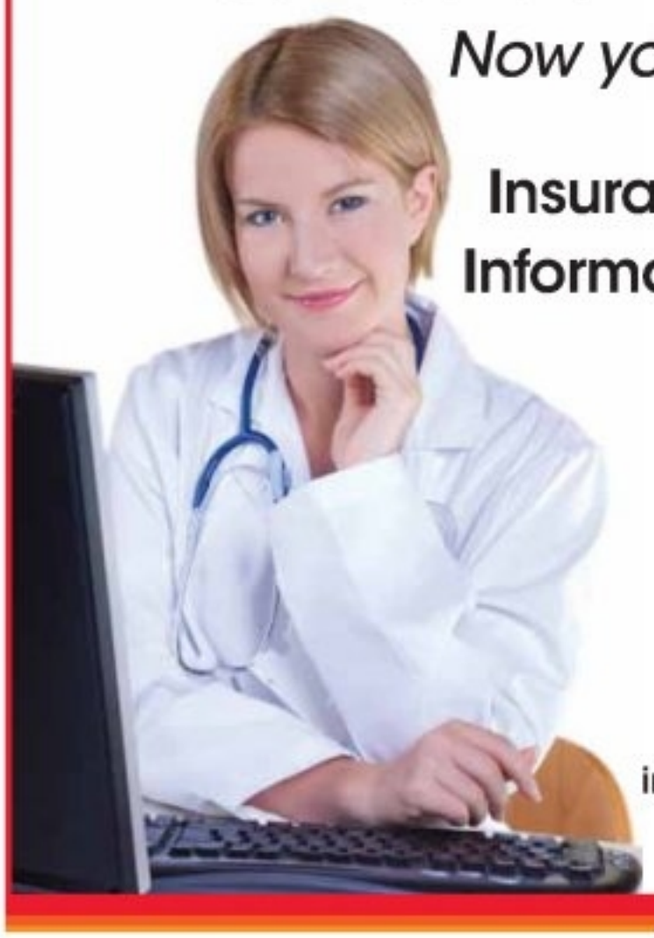

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mystyle

Bridal shoes by Loeffler Randall

So much importance is placed on the gown a bride will choose for her big day, but what about the footwear?

"A good bridal shoe is something that is totally 'you.' You need to feel like yourself on your wedding day and be able to express your own individual style," says Jessie Randall, founder and creative director of Loeffler Randall, who launched her second bridal collection yesterday. "Our bridal line has the same spirit as our regular collection — they are modern and feminine with an edge."

But unlike regular shoes, says Randall, "Bridal shoes are really special. So I keep that in mind while designing them. They have to take your breath away." Leaving us breathless this season are styles including a blush version of her hip, pointy-toe booties, sexy blue-velvet lace-up stilettos, metallic lizard-print pumps and satin heels topped with a feminine rosette. The best part: The collection is so non-bride-y that you don't need to be a future Mrs. So-And-So to add them to your arsenal.

▶ Jessie Randall

TINA CHADHA
tina.chadha@metro.us

The bridal collection ranges from $450-$625.

Get schooled

Shopping for every student

There's more to it than No. 2 pencils and fresh notebooks. We checked in with Gifts.com "Back to School Guru" Laura Smith.

▶ What's a budget-friendly way to keep younger students with big shopping lists on trend?
A smart shopping strategy would be to stick to the basics before school starts — like backpacks, lunch totes, sneakers and jeans — but hold off on getting supplies until school starts. You never know how many supplies your student will need until they start classes. By that time, all of those practical supplies will be on sale.

1

2

3

Don't restrict yourself to your local retailers; browse online to score weekly deals from most major retailers.
1: Her pick: Girls' Backpack, **$13,** www.childrensplace.com

▶ How about high schoolers — what's on their lists?
Teens have always been tech-hungry, and with a new school season ahead of them, they're going to want to show off their new gadgets and updated accessories. Along with flash drives, laptops and computer accessories, technology has become a new school supply category in itself.
2: Her pick: MP3 Alarm Clock Docking Station and Speakers, **$60,** www.crateandbarrel.com

▶ There's a ton to consider for dorm shopping. Where should you start?
Like any packing process, it's always important to make a list. That's why we created an easy, printable checklist for college-bound teens so they can easily check off everything they'll need for the upcoming school year.
3: Her pick: Quirky Pivot Power Strip, **$30,** www.amazon.com

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Should you worry about your partner's self-lovin'?

Masturbation is totally healthy and normal, says psychotherapist Jonathan Alpert The conversation to have if it's getting in the way of sex

While many view masturbation as a perfectly healthy, normal act, others disagree. There are many reasons your boyfriend may masturbate. Some of the benefits are to relieve stress, induce sleep and help you become more aware of your sexual likes and dislikes. And, it's a safe, efficient sexual outlet where one can fantasize.

The apparent rift his hand has caused in this relationship is worth exploring. Your belief that he's cheating, frankly, is ludicrous. He's not cheating, but rather participating in a self-contained pleasure-inducing activity; one that he knew long before meeting you. Personalizing his masturbation and seeing it as rejection paints him as a bad guy and doesn't lead to a healthy exploration of the role you play in improving the relationship.

Your sex life may have declined as a result of his masturbation. In his mind, the quality of sex may be lacking and that is leading to his increased masturbation. Have an open and frank discussion with him and take a look at your respective drives and the quality, excitement and frequency of sex. Tweaking these areas may improve compatibility and make him less reliant on self-stimulation. Finally, view masturbation as your friend rather than foe and open your mind to the benefits outlined above, which could enhance your sex life. You might even find mutual masturbation to be both satisfying and an additional way to connect.

– Jonathan Alpert is a licensed psychotherapist. E-mail him your questions at jonathan@jonathanalpert.com

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

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The question

My boyfriend masturbates all the time. He has no problem doing it around me and it seems our sex life has declined as a result. For various reasons, I really think it's wrong and don't understand why he does it. I feel he's cheating on me in a way.

▶ What happens when it gets in the way of your sex life?

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mywellbeing

Why you should hit the farmers market

All the cool kids are doing it, and for good reason: The food there is more nutritious What's in season

POLKA DOT

You can't always get produce this super in the supermarket.

If there's one thing that Chris Leahy looks forward to, it's shopping at New York City's Union Square Greenmarket. "Nothing beats walking in and seeing the first strawberries of the season or all the corn or tomatoes," the executive chef at Manhattan restaurant Lyon enthuses. For him, fresh, locally farmed produce has the best flavor. "It's been fully ripened naturally, and some of it is even picked that morning. You can taste it in the produce." Leahy also feels more connected to food that he doesn't have to unwrap from plastic and, though he's no nutritionist, he suspects that farmers market produce is healthier than that in the supermarket. "I know that the fresher the product, the higher the level of vitamins," he says.

Registered dietitian Gloria Tsang, founder of nutritionist network HealthCastle.com and author of "Go UnDiet," says he's right. "Think about how it grows on a vine or plant. How do the vegetables and fruits get their nutrition? The longer it stays on the mother plant, the more vitamins it gains. If it's picked when the plant is fully ripened, it has more nutrition. With produce that's grown in [say] South America, it's picked green and gassed later to ripen it. Then it sits in storage."

Storage adds further damage to fruit and vegetables. Once picked, exposure to light, air and heat means vitamins and minerals start to be destroyed, even at a farm stand. For optimum nutrition, Tsang says, "Shop early in the morning: There's less damage from sunlight and they have been handled less. Take cooler bags to transport goods. Also, ask [farmers] when the produce is picked and make sure they are certified local growers."

Your shopping list

Tsang's recommendations:

- **Buy now:** summer berries and fresh herbs (freeze some for winter)
- **For fall:** beets, broccoli, cranberries, pumpkins, squashes

Leahy's recommendations:

- **Buy now:** corn, heirloom tomatoes (like Brandywine, chocolate and cherry), items to pickle like Kirby cucumbers and onions
- **For fall:** apples, quince, Concord grapes, butternut squash

LINDA CLARKE
letters@metro.us

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Letters

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Justice failed women victims

The dropping of the attempted rape charges against Strauss-Khan is a tragedy to the entire justice system and sends the wrong message to rape victims everywhere. Regardless of this particular victim's past, it has nothing to do with the present and the crime that has been committed here.
JONATHAN PERRY, VIA E-MAIL

Some things never change

RE: "PLENTY TO JUDGE IN OBAMA REIGN": Ricardo Cummings said that nothing has changed since Bush messed things up. In 2008, America, Europe and Asia were all on the verge of financial collapse. In 2009, Obama changed that! I wish Republicans would stop rewriting history.
DANIEL CANTOR, VIA E-MAIL

Airlines treat us like animals

RE: "SOME ALLOWED TO PEE IN FLIGHT": This is an embarrassment to both the airline and the passenger. This man was not a terrorist threat, he was not drunk and disorderly. The cabin crew could have handled this situation humanely. Instead they forced the passenger to do something over which he had no control.
EDWARD JONES, VIA E-MAIL

Tea Party is the answer

With all the talk about how the Tea Party is our mortal enemy, I must remind the "American Idol" crowd that the reason we're so bankrupt is because it took too long to create the Tea Party. Who do you think brought us to where we are now? To paraphrase the Nazi Joseph Goebbels: If you tell a lie big enough and keep repeating it, people will eventually come to believe it; it thus becomes vitally important for the State to use all of its powers to repress dissent. Maybe that is why the press fear Palin, Bachmann and Ron Paul to such a hysterical degree!
JOSEPH DUPONT, PHILADELPHIA

Earthquake? That's rapture

With the bad economy in addition to the blizzards, heat waves, hurricane level winds and earthquakes we've experienced recently, that guy who predicted the Rapture doesn't seem that crazy anymore! Finally I can believe my girlfriend when she tells me the Earth moved!
DAVID DIBELLO, VIA E-MAIL

E-mail your letters: **letters@metro.us**
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♍ Virgo **Aug. 23-Sept. 22.** Because you can't change a sensitive friend into someone a bit tougher, remember to be tactful when around him or her. It'll be worth not having to cope with wounded feelings.
♎ Libra **Sept. 23-Oct. 23.** If you try to take all of the credit for something that you and several others played a role in accomplishing, don't expect your cohorts to have anything favorable to say about you.
♏ Scorpio **Oct. 24-Nov. 22.** Remember that your friends have a right to express their own opinions, even if their ideas are contrary to yours. They can think for themselves.
♐ Sagittarius **Nov. 23-Dec. 21.** Be both thoughtful and cautious in your financial dealings. Unless you take the time to think before you leap, you could make mistakes.
♑ Capricorn **Dec. 22-Jan. 19.** Do your best not to get tied down working with someone who can't understand the value of teamwork. The wrong partner could gum the works.
♒ Aquarius **Jan. 20-Feb. 19.** Duck! All those distasteful chores you've been shoving under the rug might get thrown at you. Organize your affairs so that you can do the most important jobs first.
♓ Pisces **Feb. 20-March 20.** Avoid groups or cliques that contain certain types who think they're better than everybody else. There are plenty of people out there who'll do their best to make you smile instead.
♈ Aries **March 21-April 19.** Allowing outsiders to get involved in your family affairs is asking for trouble. Restrict your communications to members of the clan only.
♉ Taurus **April 20-May 20.** There is a good chance you could let go and level a few choice words on someone who has been bugging you for far too long. The relief will be welcome, but the hurt may still linger.
♊ Gemini **May 21-June 20.** The best way to remain cautious with your financial affairs is not to go window-shopping. If you must head to market, stick to stores with necessities.
♋ Cancer **June 21-July 22.** If you and your special someone are not satisfied with the way the relationship is going, spend some time together sorting things out. Be willing to do your share and more, if necessary.
♌ Leo **July 23-Aug. 22.** If co-workers are making your day more difficult than need be, you should either speak up or be prepared to cover up their ineptness. Regardless of which you choose, be diplomatic about it.
BERNICE BEDE OSOL

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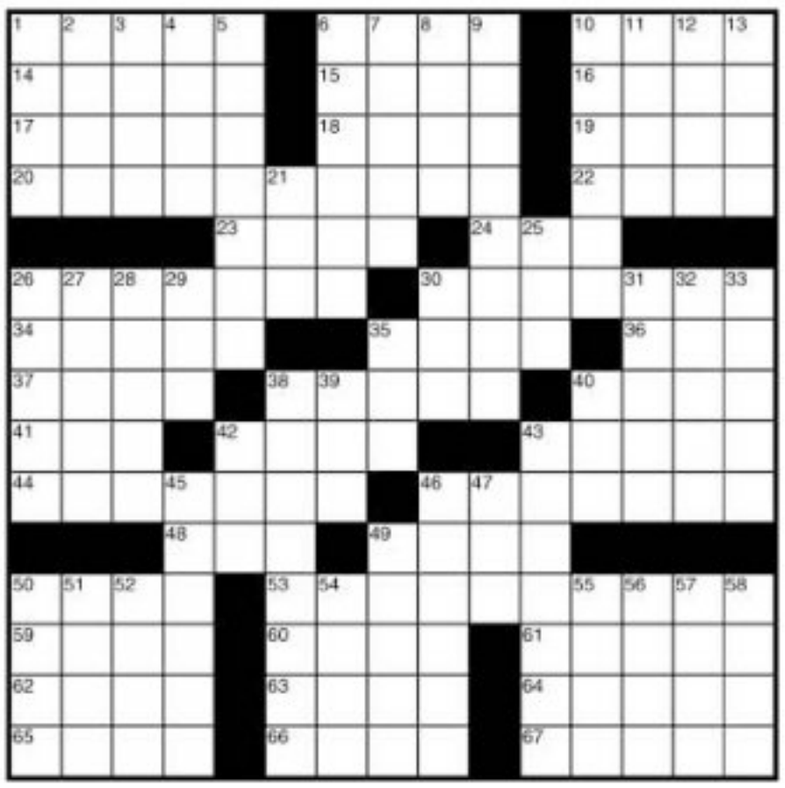
Across
1 Slogan
6 Keep from falling
10 Borodin prince
14 Kayak owner, maybe
15 Price increase
16 Ali __
17 Bias
18 Give the eye
19 Sweeping story
20 Entertainment place (2 wds.)
22 Awful smell
23 "__ Dick"
24 Moo goo __ pan
26 Waterfall
30 Energetic persons
34 Admitted (2 wds.)
35 Stalk prey
36 Pale blond
37 Yachting
38 Barely enough
40 Libretto feature
41 Caviar, actually
42 Lab compound
43 Thorny shrub
44 Brandy flavor
46 Sign
48 Easy toss
49 Kvetch
50 Watch part
53 Camper
59 __ spumante
60 "Bus Stop" author
61 Bete __
62 Vegas sight
63 Kassel's river
64 Poe's middle name
65 French Legion headgear
66 Bread grains
67 __ voce

Down
1 Raccoon face
2 Earthenware pot
3 Split apart
4 Albacore
5 Hassock
6 Moon, in poetry
7 Beatles' "Eleanor"
8 N. Mex. neighbor
9 Ibsen drama (2 wds.)
10 Spain and Portugal
11 Drop one's jaw
12 Stage award
13 Pool-hall frame
21 Down for the count
25 Colony member
26 Santa __, Calif.
27 Noted fabulist
28 Herd member
29 Spy org.
30 Demand payment from
31 Singer Callas
32 Willow tree
33 Pottery fragment
35 Sci-fi computer
38 More condescending
39 Bunkhouse item
40 Orbit path
42 Kind of system
43 Cereal toppers
45 Urbana eleven
46 Fire irons
47 Circuit
49 "Me and Bobby -"
50 Cool and damp
51 Psychic's intro (2 wds.)
52 Sleep like __ __
54 Capp of the comics
55 Wyo. neighbor
56 Laird's attire
57 Was, to Ovid
58 Nevada town



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SUDOKU **LEVEL: EASY**

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				4				
7			3		6		1	4
6	5				9		8	
	1	9	6					
				7		6		1

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

T	R	O	U	T		A	D	M	I	N		S	T	A
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B	A	G	U	E	T	T	E	S		O	X	I	D	E
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D	E	L		T	A	N	D	Y		E	I	G	E	R

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3

GETTY IMAGES

▶ Patterson will see some snaps tomorrow night.

Tremors can't slow Patterson

Eagles tackle has been through worse ◐ Ready to go for first time since seizure ◐ Cleared by team, doctors

Moments after that 5.8 earthquake shook the Eagles' locker room, Brandon Graham was looking for Mike Patterson.

"Where's Big Mike? He's from Cali," Graham said.

As players struggled to make sense of yesterday's unexpected tremor, Patterson was getting ready for his first real trial of the season. With a full week of practice under his belt, the Eagles' defensive tackle is expected to play in tomorrow's preseason game. Patterson and his doctors haven't seen any setbacks.

On TV tomorrow

Browns at Eagles, 7:30 p.m. (6ABC)

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FOR EAGLES LOCKER ROOM REAX AND NEWS/NOTES

"Nothing right now, everything's cool," Patterson said. "I've been talking to doctors and they said I could go out there and play. So, like I said, if I couldn't do this 100 percent, then I wouldn't do it at all."

Coach Andy Reid has been cautiously easing Patterson back after he suffered a seizure on Aug. 3. He still doesn't know exactly how many snaps he'll see against Cleveland.

"No, I don't know that," Patterson said. "I'll just be excited to be back out there with the guys, fans cheering and stuff like that. Emotionally, I'll be really excited."

It will be the first time he'll line up next to fellow tackle — and prized free agent — Cullen Jenkins in a game setting. Patterson pointed out that building chemistry along the defensive line is something that often gets overlooked.

"Most definitely," Patterson said. "You want to build team chemistry with the guys. Even the last few days at camp, I wasn't on the field, but I was able to be around the guys."

Patterson was also quick to note that the day when he collapsed at Lehigh won't be on his mind at all. In fact, he said it's literally been erased from his memory bank.

"It's easy for me because I blacked out," Patterson said. "I don't remember too much of it. It's easy for me to put it in the back of my mind and forget about it."

MIKE GREGER
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Wells gets crack at protecting Vick's blind side

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GETTY IMAGES
▶ Wells

The revolving door to protect Michael Vick's blind side is still turning.

The Eagles brought in Reggie Wells last weekend in an attempt to bolster their offensive line. He appeared in eight games with the Eagles in 2010 before getting the boot.

Now, he's back and has a legitimate crack at being the starting right tackle. Wells ran with the ones in yesterday's practice. Clearly, the journeyman sees an great opportunity in front of him.

"Yeah, that's how I'm taking it," Wells said yesterday. "You never know in the preseason, but at this point I'm coming in to battle."

Wells' natural position is left guard, a spot he played 78 times during his seven seasons in Arizona. However, he also saw playing time at right tackle.

"Ultimately, it's all about getting reps and getting acclimated to playing again," Wells said. "Right guard was a new position for me. To be honest with you, I played right tackle more than right guard."

MIKE GREGER

Justice for all?

Reid has used five different players — Wells, King Dunlap, Austin Howard, Ryan Harris and Fenuki Tupou — so far at right tackle.

- While the search continues with Wells taking first-team reps, Reid indicated that incumbent starter Winston Justice would be the guy in Week 1. Justice is rehabbing from knee surgery.
- **Reid said Justice is "coming along" and there's a chance he could practice next week. He didn't rule out moving LG Todd Herremans over and using C Jamaal Jackson at guard.**

Birds QB looks to rebound

According to Andy Reid, Mike Vick is entitled to a few "blips."

So, putting last week's debacle in Pittsburgh firmly in the rearview mirror, it's time to get back to work. Vick said he watched the film and moved on.

"I don't think I need to go into a big dissertation about what happened," Vick said yesterday. "Every interception I threw last week could have been prevented just by making a better decision with the football, that's it."

Vick is expected to play three quarters this week. METRO

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GETTY IMAGES

▶ Cole Hamels hit the 15-day DL, so team could make additional roster move.

Phillies beat Mets, Cole feeling strong

Hamels hits 15-day DL, but OK after bullpen session ◐ Lefty set to go Monday ◐ Ho-hum, Phils win again

Panic. Cole Hamels was placed on the 15-day disabled list.

Don't panic. Hamels is scheduled to pitch Monday in Cincinnati.

The move is retroactive to Aug. 13, so the left-hander is eligible to return Sunday. Hamels tossed a bullpen session yesterday and was fine, according to pitching coach Rich Dubee.

"He's feeling strong, no arm discomfort, really good command of everything, no hesitancy," Dubee said.

The Phils made the move to bring up Pete Orr from Triple-A. With Jimmy Rollins on the DL and Raul Ibanez dealing with a sore groin, they wanted an extra bat. Ryan Howard (ankle) also missed last night's game. He's day-to-day. METRO

On TV today

N.Y. Mets at Phillies, 1:05 p.m. (CSN)

Phils 9, Mets 4

The Phils have won two straight over New York.

John Mayberry's three-run bomb in the third put the Phils up, 4-0. He went 2-for-4 with three RBIs while filling in for Howard at 1B.

Vance Worley (9-1) gave up just one run on five hits in seven, while striking out nine. **Michael Stutes** surrendered three runs.

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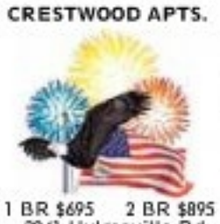

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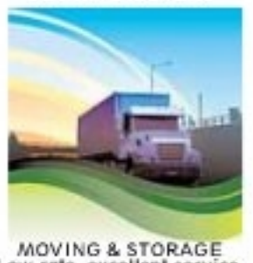

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WOULD YOU QUIT STALLING!

We don't often get into scatological humor (Google it) in this space, mostly because many of you have just eaten breakfast when you are reading this.

This one's impossible to avoid.

Angel Pagan, an outfielder on the woeful Mets, had an "incident" this week. The Phillies were pummeling the Mets (again) and Pagan was supposed to be in the on-deck circle. Instead, he was in the clubhouse. When the batter ahead of him walked, Pagan was nowhere to be found. The umpire wondered what was going on. The crowd got fussy.

Pagan finally raced to the plate and grounded out. Then, his coach pulled him from the game.

"I told the trainer, I have to go to the bathroom," Pagan told reporters. "When you're up fourth in the inning and you have to do that, it's just not fun." Pagan had a closed door meeting with manager Terry Collins after the game.

The whole debacle reminded me of the movie, "Parenthood." When you're sliding into home and your pants are full of … well, you get the gist.

Opinion

JASON McINTYRE

SPORTS@METRO.US

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

You can't do that on campus

By now you've heard about the Yahoo! Sports investigation into Miami's athletic program. A booster is going to prison for operating a $930 million Ponzi scheme, allegedly showering college athletes with cash, prostitutes, entertainment on his yacht and other stuff the NCAA deems "illegal."

The prostitutes part was surprising. Nevin Shapiro claims he would invite athletes over to a party at a hotel and have dozens of hookers there. Why would football players at one of the top programs in the country need prostitutes? In South Beach? All the college athletes I've been around never had problems getting women.

– Jason Raj McIntyre covers athletes off the field and runs the popular blog, The Big Lead.

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NASCAR driver forfeits license for 45 days

GETTY IMAGES

Busch

A race-car driver without a license?

That's Kyle Busch right now. The NASCAR star had his driving privileges revoked yesterday for 45 days after a North Carolina court found him guilty of reckless driving.

Busch was charged with going 128 mph in a 45 mph speed zone on May 24 near his home. He was fined $1,000 and placed on a year of unsupervised probation. He'll also be required to do 30 hours of community service.

However, the penalty won't affect his livelihood. Busch, who holds a 10-point lead over Jimmie Johnson in the standings, will compete in tonight's Truck Series at Bristol Motor Speedway. METRO

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AT HOME WITH metro®

Market view

HOMES FOR SALE
9,822

RECENTLY SOLD
5,700

FORECLOSURES
4,946

AVERAGE LISTING PRICE
$239,523
Week ending Aug. 10
+ 2.9% week on week

MEDIAN SALES PRICE
$124,900
— 10.8% year on year

AVERAGE PRICE PER SQUARE FOOT
$144
— 5.3% year on year

NUMBER OF SALES
918
– 80.2% year on year

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The bachelorette pad

Rent.com surveyed 1,000 single women to find out what they're looking for in a home Not surprising: Safety outweighs closet space

Top five

Rent.com's cities preferred by bachelorettes.

1. Phoenix, Ariz.
2. Seattle, Wash.
3. Austin, Texas
4. Denver, Colo.
5. Washington, D.C.

www.metro.us
READ THE TOP 10 ONLINE
FOR THE REST OF THE LIST AND WHY THESE CITIES ARE GREAT FOR SINGLES HEAD TO
WWW.METRO.US/HOME

Christina Aragon, director of Strategy and Consumer Insights at Rent.com, breaks down the Mars versus Venus of the home market.

1. What are single ladies looking for when they rent or buy a home?
According to our data, 72 percent of single women cited a safe neighborhood as their must-have feature, while 13 percent of single women told us their No. 1 requirement was enough closet and storage space. Another 8 percent wanted a spacious kitchen above all.

2. What's the biggest difference between what a single man is looking for in a home versus a single woman?
We found it interesting that while 42 percent of single men wanted to have eligible bachelorettes as neighbors, only 14 percent of single females felt the same way toward their male counterparts. In terms of neighbor preferences, our survey found that single females preferred to have families with children (30 percent) or married couples without children (25 percent) close by. Furthermore, single women shared that they would even prefer to have people with pets as neighbors (24 percent), instead of having single men next door.

3. Are single ladies more likely to buy or rent? Why?
According to our survey, 36 percent of single women rent their current homes, while 54 percent are homeowners and another 10 percent live with friends or family for free. The likelihood of a single woman being a homeowner versus a renter can be most highly correlated to age; the older the woman, the more likely she is to own the home.

METRO

▶ Single women don't really want to live next to single dudes.

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Source: Scarborough R2 2010

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Raise your home's IQ

▶ Shades are programmed to open and close, depending on how sunny it is.

'Smart homes' know when to turn on the AC, how low to dim the lights and what you like to listen to on Sunday mornings Did we mention there are no wires?

For most of us, a successfully mounted flat-screen is a serious home improvement worthy of a Saturday afternoon gloat session. Wait, you hid the wires? Watch your back, Ty Pennington!

But some homeowners want dwellings as sleek and user-friendly as their iPhones — and thankfully, there are professionals for that. We checked in with Eric Rymshaw of Fury Design and Jason Hendrie from Creative Systems — part of the interior design and tech team behind a new "smart condo" at the superposh 1706 Rittenhouse Square Street building — for some of the fanciest tricks of their trade.

Custom options for custom controls

"Clients want various degrees of technology. What's nice about the smart homes is there are options for everyone," says Rymshaw. Let's just say budget or space wasn't an issue with the 4,000-square-foot single-floor condo at 1706, which the owners essentially purchased as a blank-slate shell. In addition to "standard" features such as lighting, AC and heating that can be controlled with in-home touch-screens or remotely via Internet, an iPod dock allows music and movie playlists to be shared throughout the home. As for the owner's dogs, they appreciate the TVs being programmed to turn on for a little afternoon entertainment.

A smooth, sleek look

"What's amazing is that this looks like a normal house. You don't see this system inside the walls — it's not like there's a computer room somewhere," says Rymshaw. Far from it: A control system by Crestron Electronics operates by touch-screen, eliminating the need for the multiple switches usually needed for complex lighting and

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Energy efficiency

In addition to the obvious allure of having your favorite album on when you come home from a long day, smart homes can also make it easier to manage energy usage. At 1706, even the window dressings pitch in. "The shades open and close automatically based on where the sun is," says Hendrie. "Of course, leaving some of them open so the dogs have a view."

MONICA WEYMOUTH
monica.weymouth@metro.us

PHOTOS: COURTESY OF CRESTRON ELECTRONICS; DON PEARSE PHOTOGRAPHERS

▶ No wires, no switches, no dirty dishes: Consider us jealous.

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30/15 Fixed Jumbo 4.625%					
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Program	Rate	Points	Fees	% Down	APR
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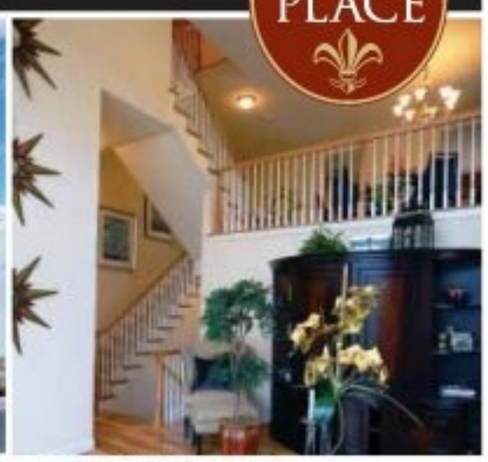

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